



# ATHLETE'S GUIDE

11  
OCTOBER  
2025



*wefee*  
events



[www.ironcatampolla.com](http://www.ironcatampolla.com)

# PRESENTATION

On October 11th, 2025, the town of L'Ampolla (Tarragona) will host the 20th edition of the Ironcat, featuring the following race distances:

DATE	TIME	CATEGORY	SWIM	BIKE	RUN
Saturday, October 11th	8:00	FULL	3.800 m	180 km	42,2 km
	10:00	HALF	1.900 m	90 km	21 km

The heart of this triathlon is L'Ampolla, known as the gateway to the Delta. This charming seaside town, located in the province of Tarragona on the Mediterranean coast, is the perfect setting for an unforgettable race. Ironcat is ideal for athletes seeking a welcoming atmosphere, friendly organization, and fast, flat courses that run through the Ebro Delta Natural Park.

In 2025, the Half distance continues to be offered (first introduced in 2024), with the aim of attracting triathletes ready to take their first step into long-distance racing.

The swim segment takes place in the Mediterranean Sea, giving participants the unique opportunity to swim in open water, with both the start and finish located at the Fangar Natural Port. After the swim, the bike course runs through the Delta, showcasing a stunning mix of landscapes that range from endless sandy beaches to areas rich in biodiversity. Finally, athletes will face the run course, a completely flat circuit that winds through the streets of L'Ampolla and its surroundings, framed by olive groves, vineyards, and the natural beauty of the Ebro Delta. In short, L'Ampolla offers an idyllic setting for triathlon in an incomparable natural environment!

# PROGRAMA

## FRIDAY, OCTOBER 10th, 2025

TIME	ACTIVITY	LOCATION
17:00 – 19:00	Bib pick-up	Hotel Flamingo
18:30	Race Briefing	Hotel Flamingo

## SATURDAY, OCTOBER 11th, 2025

TIME	ACTIVITY	LOCATION
07:00 – 08:00	Check – In Full	
08:00	Full START	Boxes - <a href="#">MAPA</a>
8:30 – 10:00	Check -In Half	
10:00	Half START	
13:30	Opening of final refreshment station	
14:00	Half Check out opens	
14:00	Showers available	
16:00	Half awards ceremony	
17:00	Full Check out opens	
20:30	Full awards ceremony	
00:00	Race cut-off	

## CHECK IN

- > Check-In is the process where participants access the Transition Area (Boxes), where race officials inspect and verify each athlete's equipment.
- > WHEN? FULL – Saturday from 07:00h to 08:00h  
HALF – Saturday from 08:30h to 10:00h
- > Each athlete must complete their own Check-In. It cannot be done by a teammate or another participant.
- > On the next page, you will find the list of equipment required for Check-In

## CHECK OUT

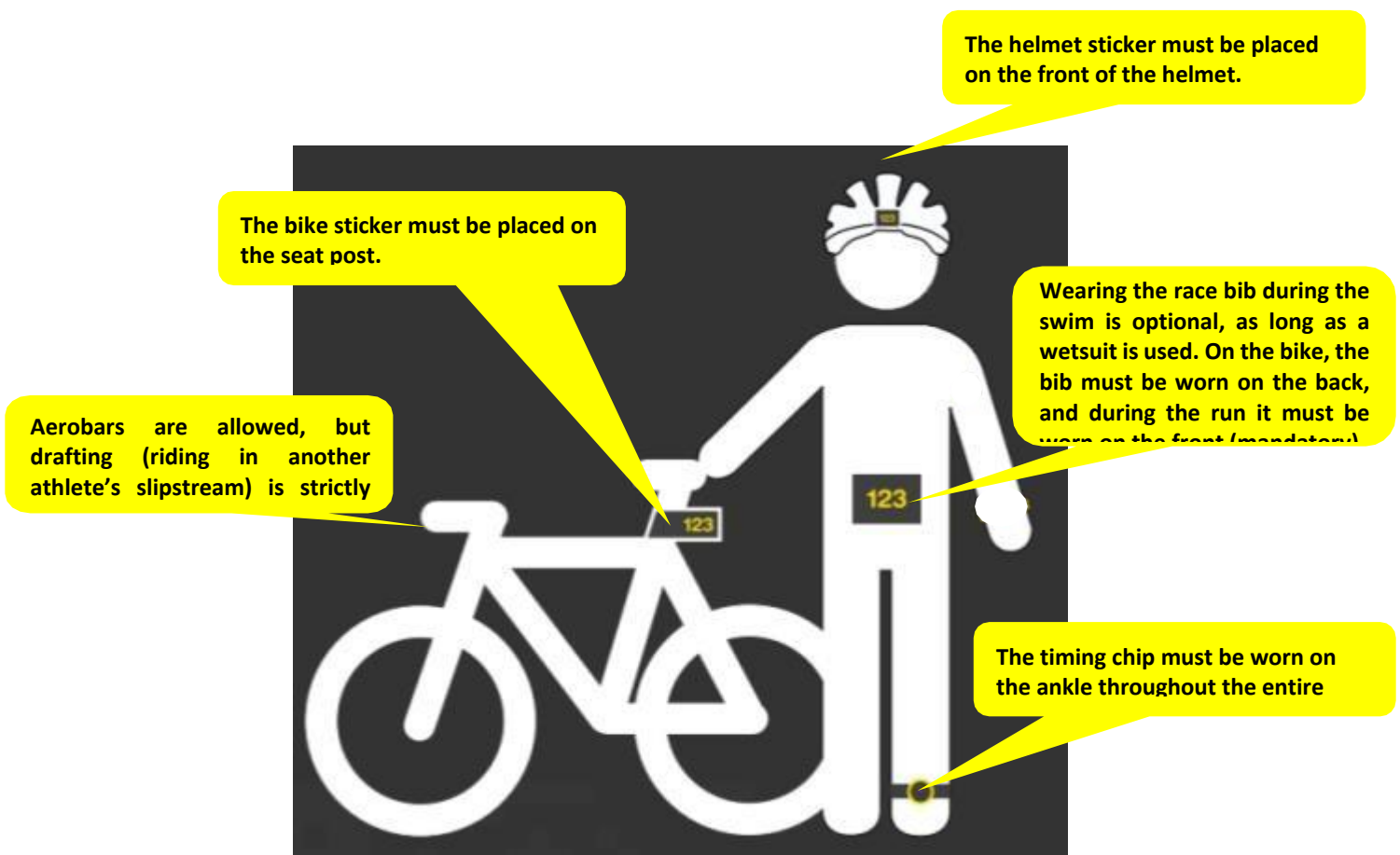
- > Check-Out is the process of collecting each athlete's equipment from the Transition Area (Boxes). Security staff will check that every triathlete leaves with their own gear.
- > WHEN? FULL – Saturday from 17:00h until 00:00h  
HALF – Saturday from 14:00h until 19:30h
- > Each athlete must complete their own Check-Out. It cannot be done by a teammate or another participant.
- > When collecting your equipment, you must take all your gear and keep the bib numbers (stickers) attached to your bike, helmet, and race bib for proper verification.

**IMPORTANT:** If you lose your race number, you must present your ID card and/or passport to claim your equipment.

## EQUIPMENT & TRANSITION AREA

- > Required equipment for the race and for Check-In:
  - ✓ Timing chip with velcro strap, worn on the ankle.
  - ✓ Race bib with race belt or safety pins.
  - ✓ Clothing and shoes (only those to be used during the race).
  - ✓ Bicycle with sticker placed on the seat post.
  - ✓ Bike helmet with sticker.
- > Only equipment to be used during the competition is allowed inside the Transition Area. Any other belongings must be left in a backpack at the **bag drop**, labeled with the sticker provided at bib pick-up.

The race bib and timing chip from the **Catalan Triathlon Federation** are **NOT** valid for this event.

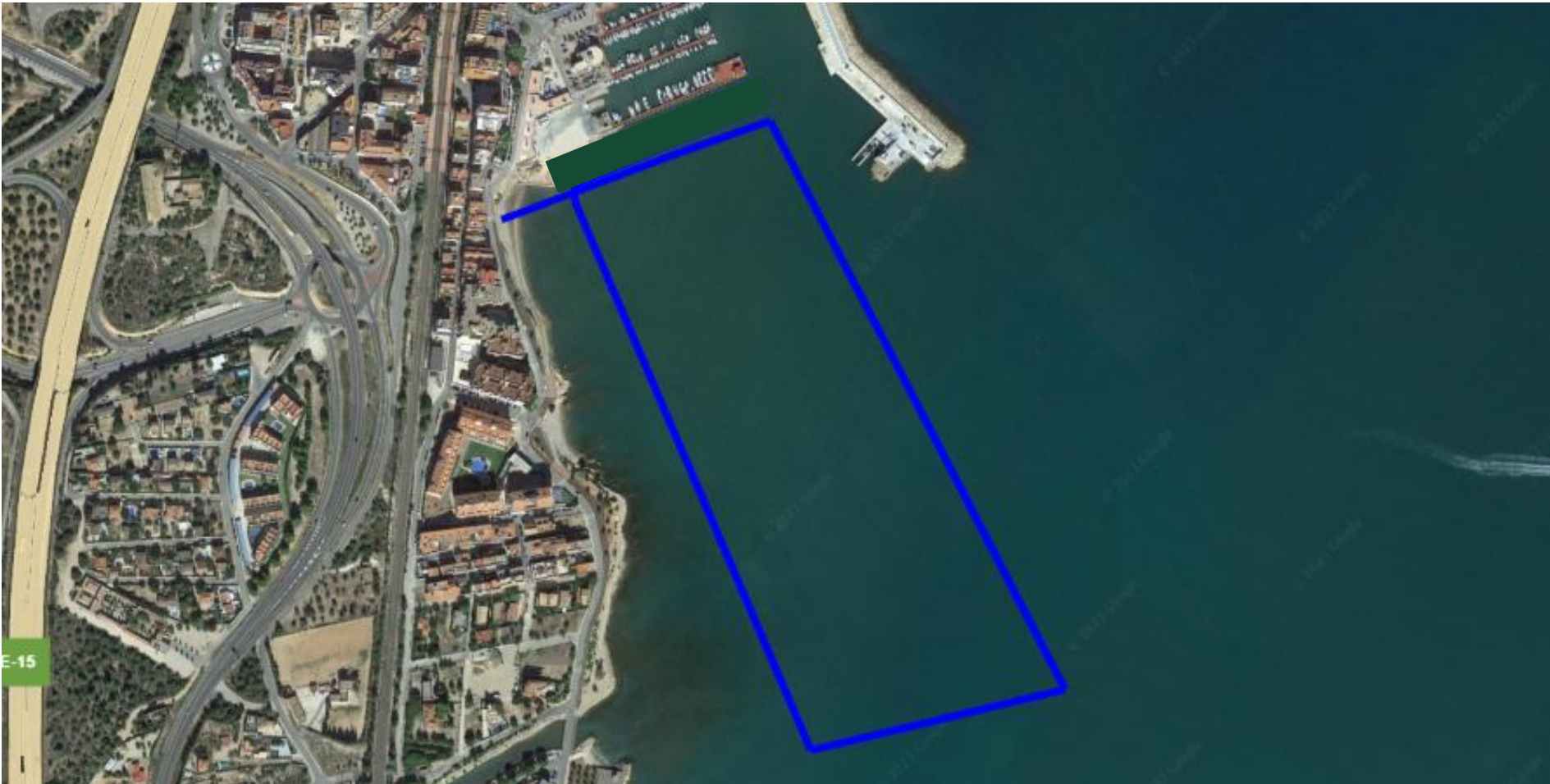




## SWIM

**FULL** 3.800m (2 laps of 1.900m)

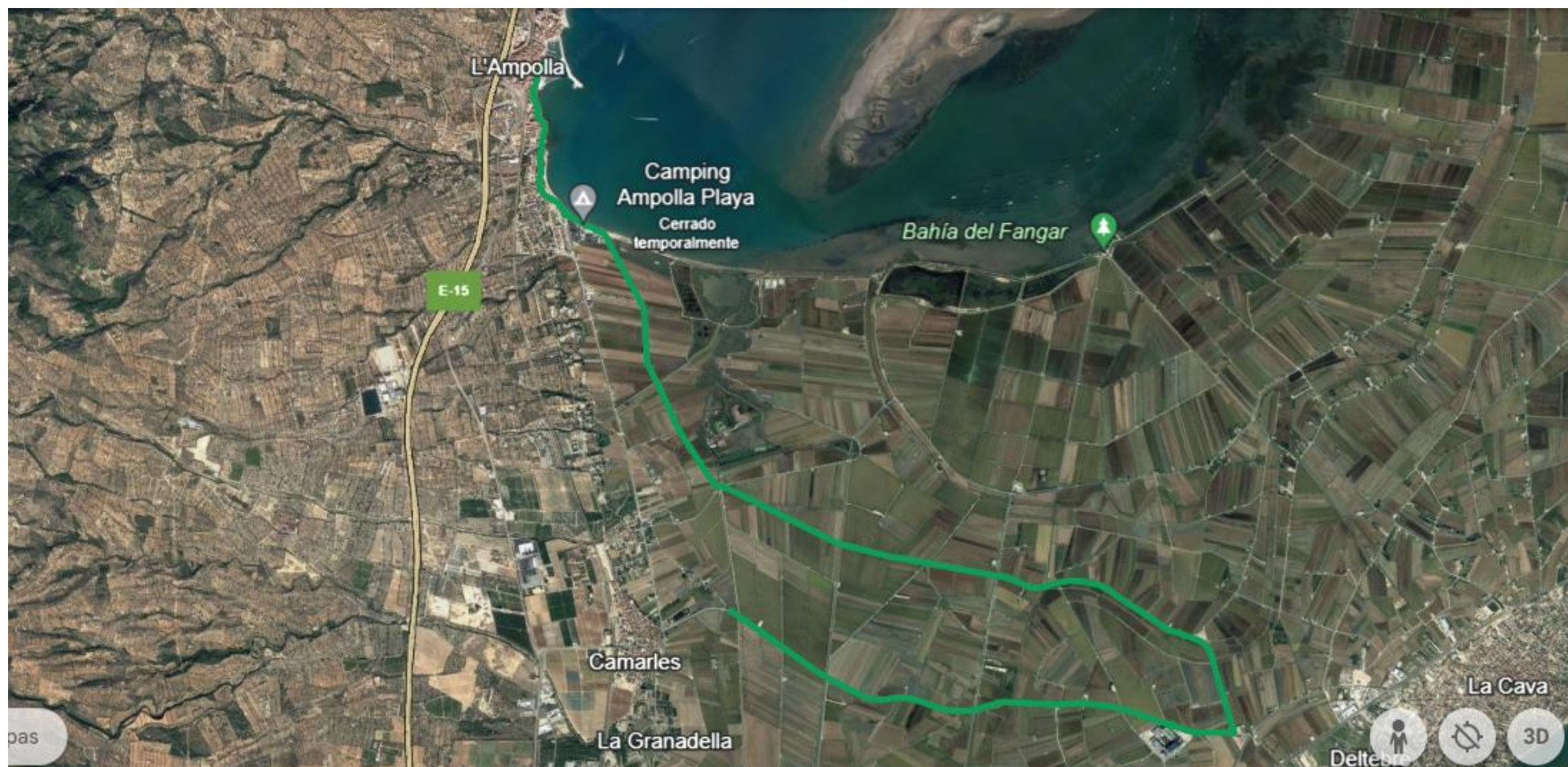
**HALF** 1.900m (1 lap of 1.900m)



## BIKE

**FULL** 180 Km (6 laps of 30 Km)

**HALF** 90 Km (3 laps of 30 Km)





## RUN

**FULL** 42 Km (8 laps of 5,25 Km)

**HALF** 21 Km (4 laps of 5,25 Km)





# REFRESHMENT STATION

CATEGORY	BIKE	RUN
FULL	1 every 15 Km	Every 3,5 km
HALF	1 every 15 Km	Every 3,5 km

## CYCLING PRODUCTS

Water (every 30 km) + Powerade (every 30 km) + Finisher glucose gels + Finisher energy bars

## RUNNING PRODUCTS

Water + Powerade + Finisher glucose gels

## VERY IMPORTANT NOTE:

At the end of each aid station, there will be a designated area for waste disposal. It is essential that all participants respect the natural environment and leave it as they found it.

**Throwing wrappers or litter along the course is grounds for DISQUALIFICATION.**

## KEY INFORMATION

### > Cut-off times

CATEGORY	SWIM	SWIM + BIKE	FINISH LINE
FULL	2h	8h 30'	16h
HALF	50'	4h 15'	6h 30'

## BIB PICK-UP

### WHEN?

Friday, October 10th, from 17:00h to 19:00h.

### WHERE?

Hotel Flamingo – L'Ampolla ([MAP](#))

*Carrer Ronda del Mar, 58, 43895 L'Ampolla, Tarragona*

### HOW?

- You must present your **ID card or passport**.
- If picking up the bib number for another participant, you must also present written authorization.
- Federated athletes must present their **federation license**.

# SERVICES INCLUDED

- > Official Ironcat t-shirt
- > Swim cap
- > Timing chip
- > Sweatshirt for the Half participants and backpack for the Full participants
- > Bib number and identification materials
- > Athlete bag with local products and sponsor items
- > Complete and varied aid stations along the course
- > Post-race refreshment station
- > **Finisher medal** for all participants
- > Virtual finisher diploma
- > Post-race recovery area
- > Awards for the top 3 overall male and female finishers
- > Award for the best club (highest points)
- > Race photography service
- > Bag drop service (in the Transition Area)
- > Changing rooms and showers (Municipal Pavilion)
- > Accident insurance
- > Extensive medical support throughout the race
- > Free parking area
- > Live timing and race tracking via **Wefeel Crono App**
- > And above all... **an unforgettable experience you'll remember for life!**



# WEEFEL CRONO APP

Track your race times and follow your friends live with Wefeel Crono!

The Wefeel Crono app gives you exclusive access to Ironcat content and much more. You can instantly check live race results and even predictive times for the athletes you are following.

[DOWNLOAD FOR IOS](#)

[DOWNLOAD FOR ANDROID](#)

